

## || aayushya sooktam ||

yo brahmaa brahmaNa ujjahaara praaNaih shirah kruttivaasaah pinaakee |  
eeshaano devah sa na aayurdadhaatu tasmai juhomi havishaa ghrutena || 1 ||

vibhraajamaanah sarirasya madhyaa-drochamaano gharmaruchirya aagaat |  
sa mrutyupaashaanapanudya ghoraanihaayusheNo ghrutamattu devaha || 2 ||

brahmajyotir brahma patneeshu garbham yamaadadhaat pururoopam jayantam |  
suvarNarambhagraham arkam archyam tamaayushe vardhayaamo ghrutena  
|| 3 ||

shriyam lakshmeem oubalaam ambikaam gaam shashTheem cha  
yaamindrasenetyudaahuhu |  
taam vidyaam brahmayonigm saroopaam iha aayushe tarpayaamo gheutena  
|| 4 ||

daakshaayaNyah sarvayonyah sa yonyah sahasrasho vishvaroopa viroopaaha |  
sasoonavah sapatayah sayoothyaa aayusheNo ghrutamidam jushantaam || 5 ||

divyaa gaNaa bahuroopaah puraaNaa aayushChido nah pramathnantu veeraan |  
tebhyo juhomi bahudhaa ghrutena maa nah prajaagm reerisho mot veeraan  
|| 6 ||

ekah purastaat ya idam babhoova yato babhoova bhuvanasya gopaaha |  
yamapyeti bhuvanagm saamparaaye sa no havirghruta mihaayushettu devaha  
|| 7 ||

vasoon rudraan aadityaan maruto atha saadhyaan rubhoon yakshaan gandharvaagshcha  
pitrugshcha vishvaan |  
bhRugoon sarpaagshchaamgariso atha sarvaan ghrutagm hutvaa svaayushyaa  
mahayaama shashvat || 8 ||

vishNo tvam no antamashsharmayacCha sahintya |  
pratedhaaraa madhushchuta uthsam duhrate akshitam ||

om shaantih shaantih shaantihi ||